



TEBOW MAGIC QUARTERBACK LEADS BRONCOS TO SHOCKING PLAYOFF WIN {page 16}

ANXIETY

HOW KEIRA OVERCAME HER STAGE FRIGHT

{page 10}



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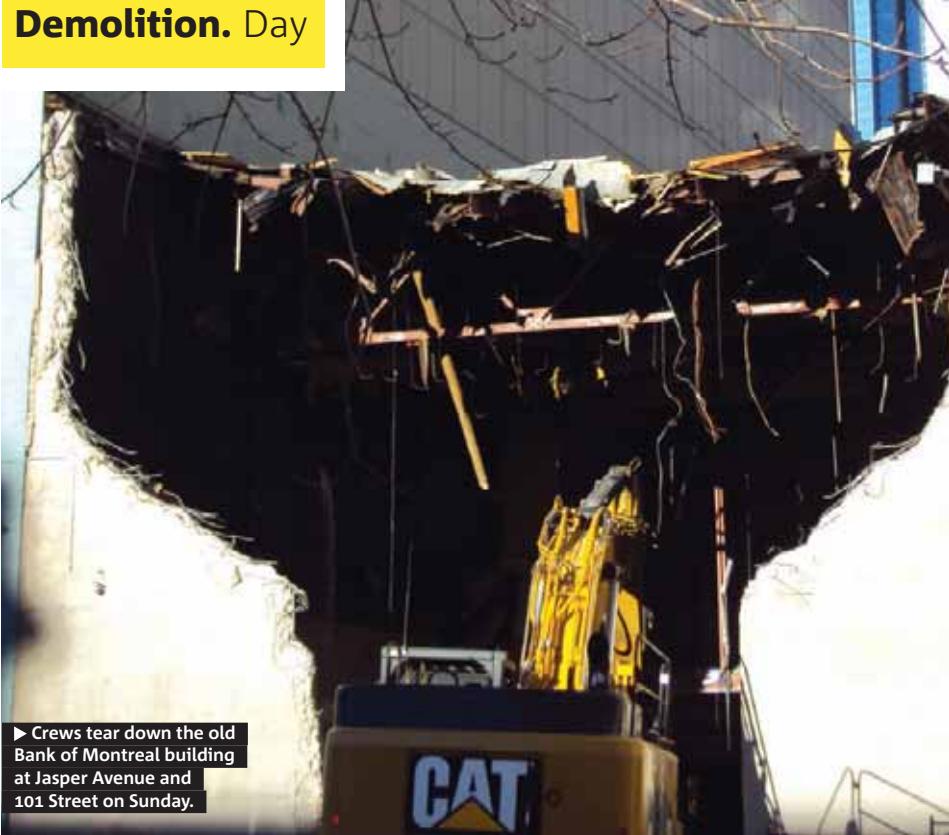
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Demolition. Day



► Crews tear down the old Bank of Montreal building at Jasper Avenue and 101 Street on Sunday.

A bit of history makes way for a parking lot

The demolition of the 49-year-old BMO building is the first phase in the construction of a two-storey parkade, with retail space below it. Preservationists tried to save the structure last summer, but city council voted to raze it.

Fee ruling raises cheer

- ▶ City had threatened loss of services, hike in parking fines if province had reinstated licence-database fee ▶ Decision fulfils campaign promise by Premier Redford



**JEREMY
NOLAIS**
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The province has no plans to reintroduce a service fee for the use of a provincial licence-plate database, Service Alberta spokesperson Gerald Kasten dieck has confirmed. The fee would have drained more than \$10 million a year from Edmonton's coffers.

"As far as I know, it's not a part of this budget," Kastendieck said. "We have said all along we would consult with the municipalities if we were going to consider reintroducing it. That hasn't happened."

Last fall, city officials were quick to cry foul after learning about the \$15 fee charged to a municipality each time a police or parking-enforcement officer consults the database for a vehicle background. In response, councillors voted through a \$25 hike to parking fines in May.

Budget pending

- ▶ It is unclear when the Alberta budget will be released due to the timing of the upcoming provincial election.
 - ▶ The cost of running the provincial licence-plate database has risen more than 160 per cent since 2002, Service Alberta says. The ministry is still exploring other options for maintaining funding for the program, spokesperson Gerald Kastendieck said.

The province then announced in August that it was suspending the fee, but it left the door open to reinstating it. Now it appears that door has been shut, which is great news for Coun. Amarjeet Sohi.

"It would have been a huge hit," he said Sunday. "It's always nice to see the province recognizing the feedback it received from municipalities."

An advertisement for LASIK MD VISION. It features a close-up photograph of a person's blue eye on the left. To the right of the eye, the text "LASIK MD FINANCING" is displayed in large, bold, black capital letters. Below this, three light blue rectangular boxes contain the text "\$0 DOWN", "\$0 PAYMENTS", and "0% INTEREST" in large, bold, black numbers. At the bottom, the text "FOR 12 MONTHS!" is written in large, bold, blue capital letters. The overall background is a gradient from light blue to white.

Man adopts litter of pups from Afghanistan

A junior high school teacher from Sherwood Park has taken in seven rambunctious refugees from Afghanistan, and he couldn't be happier.

Spencer Sekyev was all smiles Friday as a flight arrived carrying a mother dog and six of her young offspring from Kabul.

Sekyev had been teaching children for a summer in Kabul when he spotted the litter of stray pups playing in a gutter outside his guesthouse.

Dogs are not well-regarded in Afghanistan, he said, and he became determined to give these pups a better life, spending the last year and a half trying to arrange to get them to Canada.

THE CANADIAN PRESS

Aquatic area closed

Plan on going for a dip at the Terwillegar Aquatic area? You'll have to find another place to swim laps over the next month, as the area will be closed starting today until Feb. 5 for warranty work.

As part of the construction process of the Terwillegar Recreation Centre, a warranty shutdown is required to ensure that all mechanical, filtration and chemical systems are working as designed.

All other areas of the centre are open for use.

METRO



Night Ride gets off to a slow start on weekend

- Fewer than 100 riders on the late-night bus service on Whyte Avenue
- Business expected to pick up with university back in session



LUCY HAINES

EDMONTON@METRONEWS.CA

It was a quiet first weekend for the new late-night bus service on Whyte Avenue, with just 80 people hopping aboard transit heading for the University or Southgate transit centres.

"University isn't in yet, so the numbers are a bit slow," said Angela Turner, program manager of Responsible Hospitality Ed-

monton.

Turner says only a minor incident arose over the weekend, and that Edmonton Transit, taxi companies and the Edmonton Police Service are working together to manage any late-night safety issues.

"At that time of night, people are just looking for a safe way to get home," she added.

University student Souvik Goswami was on the avenue at about 2:30 a.m. Saturday and says he saw

a handful of people taking the bus.

"A cab costs me around \$15. I'd rather use this service with my bus pass," he said.

Stephanie Mackay, a bartender at Blues on Whyte, agrees.

"Cabs are too pricey and too hard to get at that hour. I like having more options to get home safely," she said.

The project will be reviewed by city council in the spring.

Support

- There are some 10,000 licensed bar and restaurant seats on Whyte Avenue between 103 and 108 streets.
- Surveys show an estimated 70 per cent of patrons and workers on the avenue support a late-night bus.
- Night Ride is a pilot project that goes until April 14, costing \$40,000. Buses run westbound on Whyte every 12 minutes.

1
news



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To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at metronews.ca/video

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Iran vows to cut 'strait' to heart of oil flow

► Leadership has made strategic decision to close Strait of Hormuz should Iran's exports be blocked, official says

Iran has begun uranium enrichment at a new underground site built to withstand possible airstrikes, a leading hard-line newspaper reported Sunday in another show of defiance against Western pressure to rein in Tehran's nuclear program.

The operations at the bunker-like facility south of Tehran, reported by the Kayhan daily newspaper, are small in comparison to Iran's main enrichment site. But the centrifuges at the underground labs are considered more efficient and are shielded from aerial surveillance and protected against airstrikes by up to 90 metres of mountain rock.

Uranium enrichment is

at the core of the international standoff over Iran's nuclear program. The U.S. and its allies fear Iran could use its enrichment facilities to develop high-grade nuclear material for warheads.

Iran has sharply increased its threats and military posturing against stronger pressures, including U.S. sanctions targeting Iran's Central Bank in attempts to complicate its ability to sell oil.

A senior commander of the Revolutionary Guard force was quoted as saying Tehran's leadership has decided to order the closure of the Strait of Hormuz, a strategic oil route, if the country's petroleum exports are blocked.

THE ASSOCIATED PRESS

Upping pressure

- The latest statements are certain to ramp up tensions with the U.S. and its allies, which are trying to increase pressure on Iran to punish it for its nuclear program.
- For the moment, however, U.S. officials are seeking stronger diplomatic and economic pressure on Iran rather than increasing threats of military action.
- In an interview broadcast Sunday, U.S. Defence Secretary Leon Panetta reiterated U.S. concerns about a unilateral strike by Israel against Iran's nuclear facilities, saying the action could trigger Iranian retaliation against U.S. forces in the region.

Eco. Disaster



► The stranded cargo ship Rena breaks into two pieces after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand.

MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Pouring oil into troubled waters

The Greek-owned cargo ship Rena ran aground on Astrolabe Reef, 22 kilometres from Tauranga Harbour, New Zealand, on Oct. 5, spewing heavy fuel oil into the seas in what has been described as the nation's worst maritime environmental disaster.

Mitt takes hits in U.S. primary debate

Republican presidential hopefuls squared off again Sunday in yet another debate, the second New Hampshire showdown in less than 24 hours ahead of the state primary Tuesday — and this time front-runner Mitt Romney was on the hot seat.

Unlike the debate a night earlier, essentially a bitter battle for second place, the candidates directed most of their fire at

Romney, who's expected to coast easily to victory in New Hampshire's first-in-the-nation primary but will face far more socially conservative voters in South Carolina in two weeks. THE CANADIAN PRESS

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Colombia	3.9¢/min	Mexico	1.9¢/min	U.A.E.	14.9¢/min
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Original U.S.-made coin fetches record \$1.38M

A one-cent copper coin from the earliest days of the U.S. Mint in 1793 has sold for a record \$1.38 million US at a Florida auction.

James Halperin of Texas-based Heritage Auctions told The Associated Press



The 1793 Chain Cent

Saturday that the sale was

"the most a United States copper coin has ever sold for at auction." The coin was made at the Mint in Philadelphia in 1793, the first year that the U.S. made its own coins.

Heritage officials said that the name of the buyer was not revealed but that he was "a major collector." One of the coin's earliest owners was a Baltimore banker, Louis Eliasberg.

"Mr. Eliasberg was nicknamed 'the king of coins' because, before his death in 1976, he assembled a collection that consisted of at least one example of every coin ever made at the United States Mint, a feat never duplicated," Halperin said.

The final bid for the coin was one of the largest sales at the Florida United Numismatists coin show and annual convention. A five-dollar gold piece from 1829 was also sold. Halperin said there remain a few hundred 1793 coins, but the one auctioned is rare because it wasn't in circulation.

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Market moment

TSX	Dollar
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Oil	Natural gas
	\$3.06 US (+ 8¢ US)
- 25¢ US (\$101.56 US)	Gold \$1,616.80 US (-\$1.30 US)



An unidentified woman carries fuel from a petrol station in Lagos, Nigeria, on Sunday. Nigerian lawmakers have turned against the president's decision to end government fuel subsidies.

Nigerian fuel-subsidy cut alarms lawmakers

► Occupy Nigeria protests have begun ► Anger fuelled by ongoing violence by radical Muslim sect, corruption

Nigerian lawmakers on Sunday turned against the president's decision to end government fuel subsidies that kept gasoline prices low, just ahead of a planned labour strike that could paralyze Africa's most populous nation.

In an emergency session, Nigeria's House of Representatives shouted down supporters of President Goodluck Jonathan as they voted for a resolution calling on him to restore subsidies. But their moves went unnoticed by unions

\$8B Fuel subsidies cost Nigeria about \$8 billion US a year.

preparing for a nationwide strike set to begin Monday, despite a court order against it.

"This cabal and their associates represent perhaps the biggest economic and financial crime in the history of Nigeria," said Rep. Femi Gbajabiamila, a member of the opposition party Action Congress of Nigeria.

Gas prices have risen

from 45 cents per litre to at least 94 cents per litre since the subsidy ended Jan. 1. That spurred a spike in food and transportation costs in a nation of more than 160-million people where most live on less than \$2 a day.

Even members of Jonathan's ruling People's Democratic Party have spoken out against him. Some lawmakers said the subsidy removal could lead to a revolution like those that swept across some Middle East countries last year.

THE ASSOCIATED PRESS

Twilight series' maker set for a buyout?

Lions Gate is close to

buying Summit Entertainment, the maker of the teen hit Twilight series, for about \$400 million US in cash and stock, according to two people who were

briefed on the matter. They were not authorized to speak publicly and requested anonymity. Talks could be finalized this week.

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My 37th year of living in Edmonton is fast approaching. Moving here in 1975 was quite a shock to my system. I arrived in February from Vancouver to start a job with Syncrude. I knew Edmonton was very far north, but didn't realize what living in a winter city actually meant. I heard people talking about things I had no clue about. I didn't know what ice fog, black ice and ground grips were. Day after day of -30 C soon taught me about ice fog. I learned about black ice the hard way. And I finally figured out that ground grips were snow tires.

"Every time I stopped for a red light, people would try to talk to me. Based on my experience growing up in Toronto, this meant that in a very short while they were going to start telling me about how the tinfoil they were wearing in their hats was protecting them from the messages aliens were trying to send into their brains."

was used to. I could easily walk the entire downtown area. One of the first things I noticed when I was doing that was how many mentally ill people there were on the streets. Every time I stopped for a red light, people would try to talk to me. Based on my experience growing up in Toronto, this meant that in a very short while they were going to start telling me about how the tinfoil they were wearing in their hats was protecting them from the messages aliens were trying to send into their brains. But after a while, I realized that people were just trying to be friendly.

It was a strange concept that took some time to get used to. It was also one of the reasons I decided to stay here.



One of the things that really confused me was people talking about having to go to the vendor's. Eventually I asked what was vended at the vendor's and learned that it was what I had learned to call the LCBO in Toronto. It also took me a while to understand that when people were talking about something on 5th street, they meant 105th street. In 1975, there was no 5th street.

Over time, I learned not to order a western sandwich but to ask for a Denver instead. I also learned that if I wanted to have an espresso, I was going to have to make the trip to Little Italy. Having a coffee in those days usually meant drinking a tasteless, hot, brown liquid. If it weren't for the Italian Centre, it would have been years before I was able to make myself a café latte.

I was also unprepared for moving to a much smaller city than what I

was used to. I could easily walk the entire downtown area. One of the first things I noticed when I was doing that was how many mentally ill people there were on the streets. Every time I stopped for a red light, people would try to talk to me. Based on my experience growing up in Toronto, this meant that in a very short while they were going to start telling me about how the tinfoil they were wearing in their hats was protecting them from the messages aliens were trying to send into their brains. But after a while, I realized that people were just trying to be friendly.

It was a strange concept that took some time to get used to. It was also one of the reasons I decided to stay here.

Making winter a little warmer

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

A local drop-in centre is stepping up its game to keep Edmonton's homeless warm and safe this winter.

The Boyle Street Com-

munity Services centre recently switched over to "winter hours," keeping its doors open seven days a week, 15 hours a day, from 6 a.m. to 9 p.m.

Since the change, there have been nearly 500 visitors to the centre every day. During the winter, life gets harder and harder for the homeless.

"When the temperatures drop the people need somewhere to keep warm during the day. And the (homeless) shelters close at 6 a.m.," explained Lance Beswick,

the centre's communication manager.

The Boyle Street centre is a welcome refuge from the cold, serving food and providing mental health, family, youth and housing programs. But they can't do it alone. The centre is always looking for cold-weather apparel, which is typically in high demand among visitors at this time of year.

Right now, they especially need gloves. So dig into your closet and donate gently used winter clothing to the Boyle

Street Community Service drop-in centre. Winter is also a great time to give canned goods to your local food bank or volunteer at a nearby shelter.

Let's show Edmonton's needy that generosity doesn't stop at the holidays.

• CRAIG AND MARC KIELBURGER

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MILAN KRASULA / SOLENT NEWS / REX FEATURES

Daily Zoom

Bambi meets his master



Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape.

Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

• METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

• METRO WORLD NEWS

5

A fully grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

• METRO WORLD NEWS



Box office



The Devil Inside has scared up a monstrous \$34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The Devil Inside bumped another Paramount hit, Mission: Impossible — Ghost Protocol, from the No. 1 spot to No. 2.

THE ASSOCIATED PRESS



Gerry Dee turns former teaching antics into CBC-TV sitcom

Keira's breakthrough

► Knightley talks about prepping for the role of a repressed psychiatric patient in *A Dangerous Method* ► How she battled her own psychological issue — a bad case of stage fright



RICHARD
CROUSE
SCENE@METRONEWS.CA

Since her 2002 breakout performance in *Bend it Like Beckham*, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was."

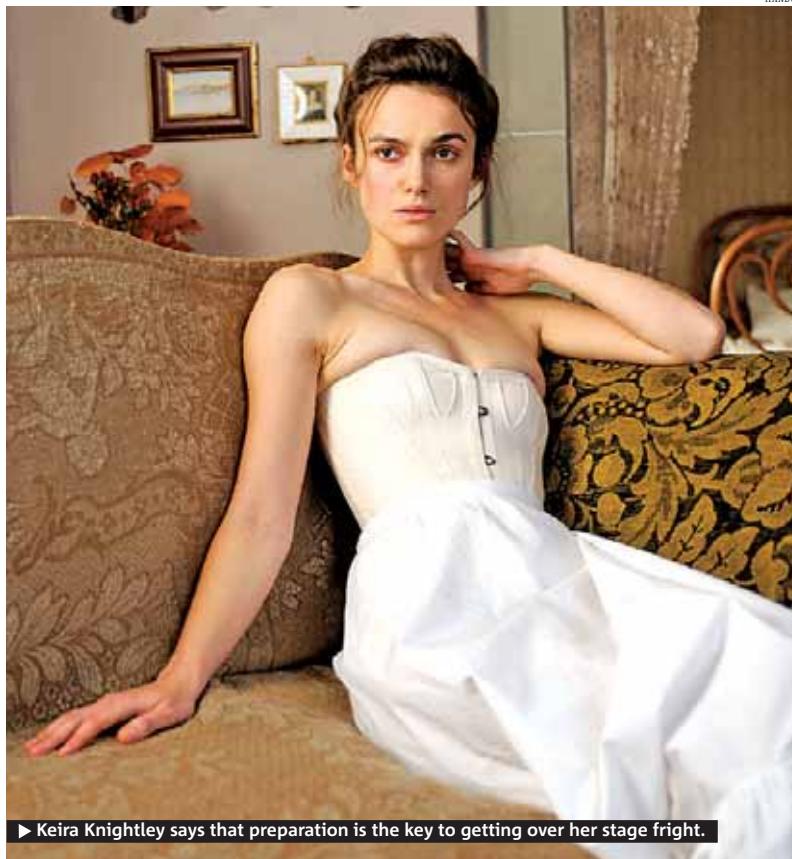
"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day."

"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film *A Dangerous Method*, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I



► Keira Knightley says that preparation is the key to getting over her stage fright.

find that preparation is the key."

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of *Atonement*, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was

going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'

She eased her nerves with the research and further support was supplied during shooting by the

Viggo Mortensen

on research

► "With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

film's director, David Cronenberg.

"Sets... are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing."

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other."

"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. ... He's a magician. He's absolutely extraordinary."

KEIRA KNIGHTLEY

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Russell Crowe joins the 'republic'

- Republic of Doyle's premiere features big star power
- Series creator talks about having Crowe on set



IAN
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Republic of Doyle has pulled out all the stops for its third season premiere — nabbing big-time movie star Russell Crowe for a guest spot. And according to series creator/star Allan Hawco, Crowe did much more than merely show up for filming.

"Russell never half-does anything," says Hawco. "He worked for a real long time with me on the script. Months and months of emails. He was integral to the plot as it is now."

So why exactly did

Crowe agree to play a mysterious bad guy in a little CBC detective series? Well, it seems that Great Big Sea singer Alan Doyle knows Crowe — having previously appeared with him in the film Robin Hood.

Indeed, the Republic of Doyle episode — airing Wednesday — also functions as a sly reunion for Robin Hood's merry band with not only Doyle and Crowe, but actors Scott Grimes and Kevin Durand.

"I was introduced to Russell years ago by Alan, who has since become a very good friend," says Hawco. "He (Crowe) is just one of those guys who likes to use his position in the industry to help others along."

In the episode, Jake (Hawco) is framed for murder, leading to an encounter with a mysterious group of men (led by Crowe) whose own agenda is anything but clear. Despite the super star on set, Hawco says the shoot was business as usual.

Republic of Doyle returns to TV Wednesday at 9 p.m. (ET) on CBC



► Republic of Doyle star/creator Allan Hawco says Russell Crowe was an easy person to work with.

"Having Russell around really didn't change anything on the shoot. Obviously we have a tight budget and schedule. But he never derailed us for a second. He was awesome in that way."

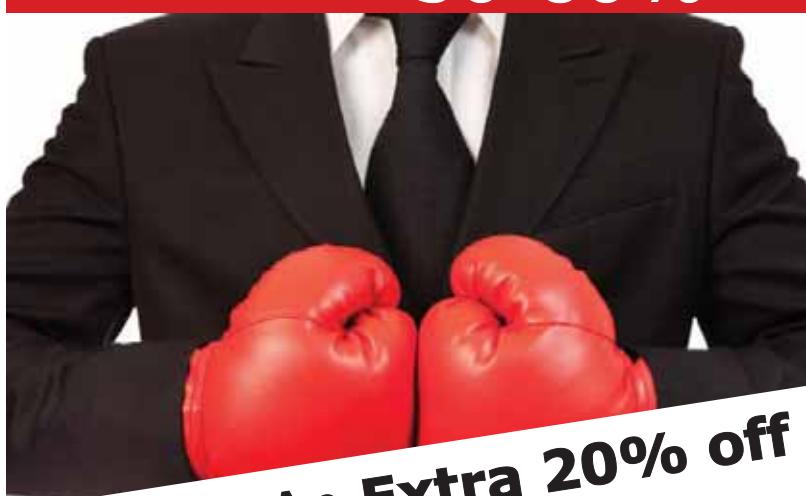
Now entering its third season, Republic of Doyle continues to grow in popularity around Canada — though finding fans has never been a problem in the city of St. John's.

"The people of St.

John's have been there from day one," says Lynda Boyd, who plays Rose on the series. "They stop you on the street and tell you they love it and how great it makes the city look. They see it as their show."

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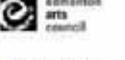


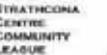
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Say hello to the younger Young Hov'

► Jay-Z, Beyoncé welcome baby girl, name her Blue Ivy Carter

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

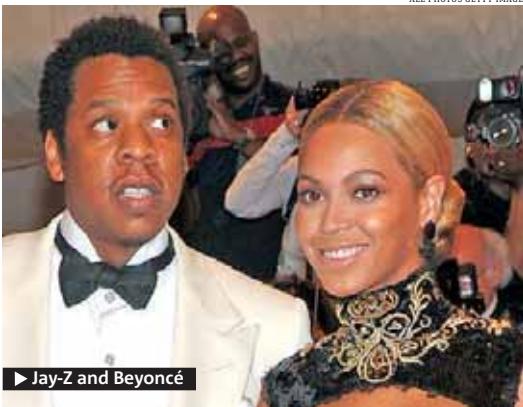
The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid \$1.3 million to

rent out.

And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees' mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo").

While it's not likely the name was inspired by albums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call



► Jay-Z and Beyoncé

it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.

Just say no: Rimes keeps her bra on

While Lindsay Lohan was more than happy to bare all in this month's Playboy magazine, the publication hasn't been as lucky with other celebrities.

LeAnn Rimes says she's

been approached repeatedly about appearing nude, according to Hollyscoop.

"They've asked me three times. My mom would kill me, but it's flattering," she says.

► METRO

Sienna finally settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now word

comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."

► METRO



Sienna Miller



► LeAnn Rimes

T

Timberlake's granny spills the beans

ENGAGEMENT. While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and everything and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful cam-



paigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family."

► METRO

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Get your kids moving in 2012



► Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving ► 'Think of exercise for kids as simply moving their bodies', she says

 HEATHER
BUCHAN
LIFE@METRONEWS.CA

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping...and fake shooting...while the other requires a couch. And maybe a sugary soda, as an accessory.

It's an old story: kids don't get enough physical activity. What's scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state

that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and lifelong (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year? "Exercise for kids doesn't mean hitting the treadmill," explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack. Simply running around playing hide-and-seek or kicking around a

ball shouldn't be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

"Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it's throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline."

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible. "This way, they can choose which ones they enjoy," she says. One easy way to get kids moving around is through dance.

"It's much more effec-

They follow you

► According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

tive to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment," she says, adding, "If they don't like dancing, they can skip to their favourite songs."

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

Tips

THIS YEAR, GET YOUR KIDS OFF THE COUCH

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1 Lead by example.
Be a positive role model. Don't expect your kids to do

something you're not doing. Find activities you can enjoy together and commit to fitness for your family.

2 Create active habits.
Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 Get a dog. A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

3 life

Twins take over



More U.S. women are having twins these days. Health officials say one in every 30 babies is a twin. In 1980, only one in 53 newborns was a twin. Experts attribute the jump mainly to medical treatments and procedures that help infertile couples. But they note that there are more older moms today. For some reason, women in their late 30s have twins at a higher rate.



Earlier diagnosis of dementia would have been beneficial, caregiver survey finds.



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Spice up those healthy greens

► With tuna chunks, this salad makes a hearty lunch

EMILY RICHARDS

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Preparation:

1 In a small skillet, heat extra virgin olive oil over medium low heat. Add jalapeno pepper and clove of garlic. Cook, stirring 1 for minute or until it is fragrant. Let the oil mix cool slightly. Whisk in vinegar, salt.

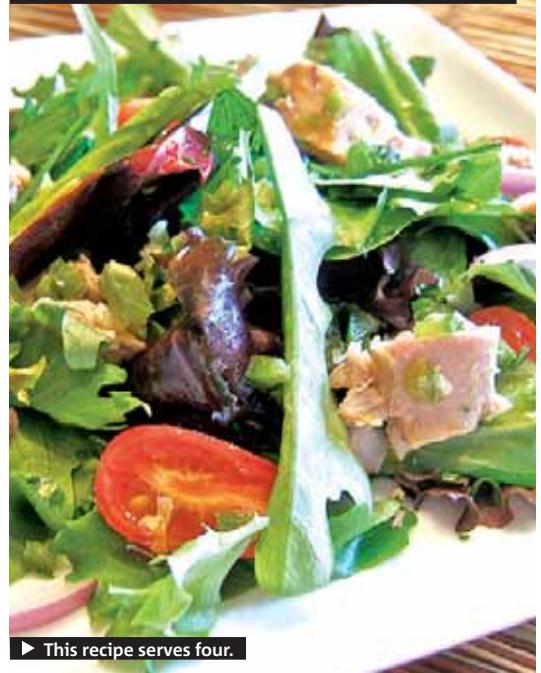
2 In a large bowl, combine greens, tomatoes, onion, pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS
A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR
AND A TV CELEBRITY CHEF.
FOR MORE, VISIT
EMILYRICHARDSCOOKS.CA.

Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced
- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

Spicy Oil-Dressed Tuna & Greens



► This recipe serves four.

Rose Reisman's Swap It

If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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Major road block

► Research indicates that a school's proximity to a major street can have a profound affect on student success

Students in low-income neighbourhoods are facing exposure to elevated levels of air and noise pollution due to the location of their schools near major roads, a new study suggests.

Researchers from Simon Fraser University (SFU) and the University of British Columbia looked at nearly 1,500 public elementary schools in Canada's 10 largest cities.

Addresses were geocoded with the proximity to the nearest major road calculated for each school. Researchers gathered data on income and neighbourhood characteristics from



► Schools found in neighbourhoods with a higher average income are less likely to be near major roads, according to a recent study.

the 2006 census.

Studies of children who live near major roads have found that traffic-related air pollution is associated with lower lung function, impaired lung growth, asthma, ear infections and lower cognitive functioning, said SFU geography graduate student Ofer Amram.

He co-authored the study with SFU health sciences assistant professor Ryan Allen and three UBC colleagues.

Amram said similar studies of traffic-related noise have found links to

increased blood pressure, reduced sleep quality and cognitive deficits.

Research also reveals that when children are exposed to higher air pollution and noise at school it can lead to poorer average academic performance, he noted.

Based on measurements of nitrogen oxide concentrations, ultrafine particle counts, and noise levels in three Canadian cities, researchers defined schools located less than 75 metres from major roads as their zone of primary interest.

THE CANADIAN PRESS

Down the road

Future of the findings

► Graduate student Ofer Amram said he hopes his and Ryan Allen's research can help officials determine where to build new schools, and serve as a guide for improvements like constructing sound barriers or installing filters in ventilation systems at existing schools.

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New year, new life

► With a job on the horizon, cancer on the back burner and a positive outlook, Lisa is ready to take on the world

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA



It's a new year and new beginning for Metro's Makeover Contest winner Lisa Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at



► Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.

NEXCareer didn't give up on me. I learned to be even more determined and persistent."

Lisa's new wardrobe from Danier, the notebook from TechDirect, the BlackBerry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBranders all helped put her on the path to success.

She recently went to Do-



nato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!

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60 minute lecture, followed by 30 minutes discussion.

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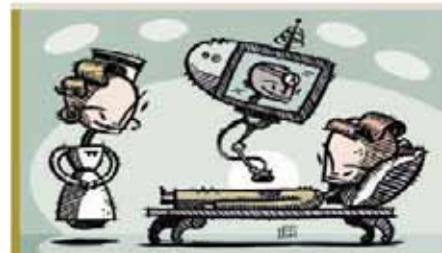
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The Future of Pathology



4 sports

Quoted



"We made history. We're excited about another chance to make history up there in Baltimore."

HOUSTON DEFENSIVE END J.J. WATT, WHO HAD A GAME-CHANGING INTERCEPTION RETURN FOR A TOUCHDOWN IN SATURDAY'S WIN AGAINST THE CINCINNATI BENGALS, THE TEXANS' FIRST-EVER PLAYOFF VICTORY. THE 31-10 WIN SET UP A MATCHUP WITH THE BALTIMORE RAVENS IN THE NEXT ROUND OF THE PLAYOFFS.



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A magic pass in the Mile High City

► Tebow's 80-yard passing TD in OT lifts Denver over Pittsburgh



One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and the Denver Broncos.

Sorry, Pittsburgh Steelers.

The magic is back.

Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday. Wild doesn't begin to describe it. The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a high

Giants win



Eli Manning threw three touchdown passes to lead the New York Giants to a 24-2 win over the Atlanta Falcons in an NFC wild-card game Sunday.

play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow, who looked as startled as everyone else, chased down Thomas and knelt on one knee — a gesture known far and wide these days as Tebowing. Then he pounded a fist in triumph and took a

Manning connected with Hakeem Nicks for a 72-yard TD and Mario Manningham on a 27-yard toss as the Giants (10-7) pulled away from the inept Falcons (10-7) in the second half.

He also threw a four-yard TD pass to Nicks in the first half, which came after the quarterback scrambled 14 yards to spark the 85-yard drive.

The Giants travel to Green Bay next Sunday to play the defending Super Bowl champion Packers (15-1), who beat them 38-35 in December.

victory lap.

"When I saw him scoring, first of all, I just thought, 'Thank you, Lord,'" Tebow said. "Then, I was running pretty fast, chasing him — like I can catch up to D.T! Then I just jumped into the stands, first time I've done that. That was fun. Then, got on a knee and thanked the

Lord again and tried to celebrate with my teammates and the fans."

Prodded by John Elway to let the ball fly, Tebow acted as if the last three weeks never happened, lifting the Broncos to their first playoff win in six years.

Behind Tebow's 316 yards passing, the Broncos (9-8) are heading to New England for a second-round game against the top-seeded Patriots on Saturday night. And, unlike Elway, who lost his first post-season start — to the Steelers at home in 1984 — Tebow is 1-0 in the playoffs.

"We're just a fighting team. A lot of resilience," Broncos cornerback Champ Bailey said. "In any adverse situation, we'll find a way to get out of it. Everybody says we backed into the playoffs, we're in. We did something right along the way. We're in it. We won a game. Now, we've got to go try to win another one."

THE ASSOCIATED PRESS

Raonic wins in India

Canada's Milos Raonic had to work for his second career ATP title.

The 21-year-old from Thornhill, Ont., beat top-seeded Janko Tipsarevic of Serbia 6-7 (4), 7-6 (4), 7-6 (4) in a serve-dominated final of the Chennai Open on Sunday in India.

Fourth-seeded Raonic hit 35 aces in a marathon match that lasted three hours 16 minutes and didn't feature a break of serve.

"It is an awesome feeling," said Raonic, who won all 48 of his service games during the week to become the first player to win a tournament without dropping a serve since Swiss star Roger Federer at the 2008 grass-court tournament in Halle.

Raonic dropped only four points on serve in the first set and had four chances to break in the fourth game before Tipsarevic stole it on a tiebreaker.

"Tipsarevic took it away in the first set," Raonic said. "But I took my opportunities in the second and third."

Raonic established a 4-1 lead in the second-set tiebreaker before levelling the match on his second set point. He had to save break points early in the decider but dominated the tiebreaker with his serve.

The Canadian is 2-1 in ATP World Tour finals, claiming his first title in San Jose last February. He followed that up by finishing runner-up to American Andy Roddick in Memphis a week later.

THE ASSOCIATED PRESS



"My serve is a big factor in my game ... in 99 per cent of my matches. My job is to take care of my serve."

MILOS RAONIC

A turning point for Detroit

► Lions have taken step forward despite loss to Saints, ending playoff drought ► ‘We need to win our division’

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

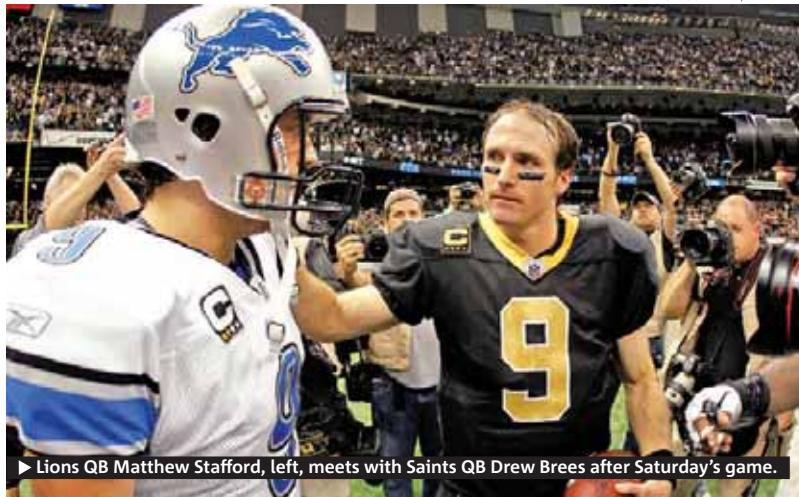
“A loss like this makes us want to return to the playoffs even more,” defensive end Kyle Vanden Bosch said. “It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year.”

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams

from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay’s backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.



► Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday's game.

“We learned that we need to win our division so the next time we can have a home game and benefit

from our home crowd like the Saints did,” quarterback Matthew Stafford said.

“That’s a huge difference.”

Stafford’s goal has a huge obstacle: Green Bay is-

n’t leaving the NFC North. Detroit coach Jim Schwartz wasn’t in the mood to reflect on the season after it ended in New Orleans, but he’s expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

“We’re going to be around for a while,” said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

THE ASSOCIATED PRESS



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d-NY Rangers	39	26	9	1	3	116	82	56	12-3-2	14-6-1	9-1-0	W4
d-Boston	38	26	11	0	1	141	73	53	14-7-0	12-4-0	8-2-0	L1
d-Florida	41	20	13	4	4	107	115	48	10-4-4	10-9-3	4-4-2	L2
Philadelphia	40	24	12	2	2	137	121	52	10-6-1	14-6-1	4-5-0	L1
Ottawa	43	22	15	4	2	135	143	50	14-8-0	8-7-4	7-2-1	W1
New Jersey	41	23	16	1	1	114	117	48	11-7-0	12-9-1	6-3-1	W2
Toronto	41	21	15	3	2	133	131	47	11-5-2	10-10-1	5-3-2	W3
Pittsburgh	40	21	15	2	2	123	108	46	11-7-2	10-8-0	4-6-0	L4
Winnipeg	41	20	16	3	2	109	119	45	14-6-0	6-10-3	6-3-0	W1
Washington	39	21	16	0	2	116	115	44	14-5-0	7-11-0	6-3-0	L1
Buffalo	41	18	18	3	2	107	121	41	10-9-3	8-9-0	2-6-1	L2
Montreal	41	16	18	2	5	109	114	39	7-7-2	9-11-0	3-7-0	W2
Tampa Bay	40	17	20	1	2	109	136	37	11-5-0	6-15-1	4-5-1	L3
Carolina	43	14	22	4	3	112	146	38	10-10-3	12-4-2	4-4-1	L1
NY Islanders	39	14	19	4	2	91	125	34	8-9-3	6-10-2	5-5-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	42	26	13	0	3	138	102	55	12-5-0	12-8-0	7-2-0	W2
d-Detroit	41	26	14	1	0	134	94	53	15-2-0	11-12-0	7-3-0	W1
d-San Jose	38	23	11	3	1	112	89	50	14-7-2	9-4-1	8-1-0	W4
St. Louis	41	24	12	0	5	107	89	53	17-3-2	7-9-0	6-3-0	W3
Chicago	42	24	13	2	3	134	123	53	14-5-3	10-8-0	4-5-1	L1
Nashville	42	22	15	3	1	111	114	48	12-7-2	10-8-1	6-4-0	W1
Minnesota	42	21	15	2	4	96	101	48	11-6-2	10-9-2	1-7-2	L3
Dallas	40	23	16	0	1	112	114	47	13-7-0	10-9-0	5-5-0	W2
Los Angeles	42	20	15	3	4	88	93	47	12-10-2	8-5-3	6-1-1	L1
Colorado	43	23	19	1	0	114	120	47	13-10-0	10-9-1	8-2-0	W1
Phoenix	42	20	17	3	2	108	109	45	8-8-2	12-9-1	4-4-2	W1
Calgary	43	19	19	3	2	120	124	45	11-5-1	8-14-2	5-4-1	W1
Edmonton	41	16	22	0	3	111	119	39	10-6-0	6-16-0	2-8-0	L3
Anaheim	40	12	22	2	4	99	133	30	9-12-10	3-10-14	3-6-0	W1
Columbus	41	11	25	1	4	99	137	27	6-11-2	5-14-0	2-7-0	L1

d – division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Ottawa 6 Philadelphia 4
Detroit 3 Chicago 2 (OT)
Anaheim 7 Columbus 4
Saturday's results
Calgary 3 Minnesota 1
Montreal 3 Tampa Bay 1
Toronto 4 Detroit 3
Vancouver 4 Boston 3
Winnipeg 2 Buffalo 1 (OT)
Dallas 4 Edmonton 1
Philadelphia 3 Ottawa 2 (OT)
Columbus 1 Los Angeles 0
Nashville 5 Carolina 2
New Jersey 3 Pittsburgh 1
Phoenix 5 N.Y. Islanders 1
San Jose 5 Washington 2
St. Louis 4 Colorado 0

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	11	38	49
Kessel, Tor	24	24	48
Giroux, Pha	18	30	48
Lupul, Tor	19	28	47
D.Sedin, Vcr	18	29	47
Stamkos, TB	28	17	45
Malkin, Pgh	16	28	44
Eberle, Edm	17	26	43
Pominville, Buf	14	29	43
Ma.Hossa, Chi	17	25	42
Backstrom, Wash	13	29	42
Datsyuk, Det	12	30	42
Toews, Chi	22	19	41
Spezza, Ott	15	26	41
Benn, Dal	13	28	41
Vanek, Buf	19	21	40
Sharp, Chi	19	20	39

Not including last night's games

SENS 6, FLYERS 4

First Period
1. Ottawa, Alfredsson 14 (Turris, Cowen) 0:55
2. Philadelphia, Meszaros 6 (Talbot) 2:32
3. Ottawa, Neil 6 (Foligno, Karlsson) 8:28
4. Philadelphia, Bourdon 2, 15:32

Second Period
5. Philadelphia, Cottier 6 (Read) 16:00

Penalties — Rinaldo Pha, Konopka Ott (fighting) 0:16, Carkner Ott (interference) 16:23.

Third Period
7. Ottawa, Greening 9 (Spezza, Michalek) 3:11
8. Ottawa, Karlsson 6, 1:19

9. Ottawa, Kuba 4 (Condra, Turris) 18:49

Penalty — Lila Pha (slashing) 7:16, Carkner Ott (elbowing) 11:14, Condra Ott (tripping) 13:00.

Goal — Philadelphia: Bryzgalov (L, 16-9-3); Ottawa: Anderson (W, 20-12-4).

Power plays (goals-chances) — Philadelphia: 1-3; Ottawa: 0-2.

Referees — Mike Leggo, Brad Watson. **Linesmen** — Mark Shewchuk, Mark Wheeler. **Att.** — 20,281 (19,153) at Ottawa.

TENNIS**ATP AIRCEL CHENNAI OPEN**

At Chennai, India

Singles**Championship**

Milos Raonic (4), Thornhill, Ont., def. Janko Tipsarevic (1), Serbia, 6-7 (4), 7-6 (4), 7-6 (4).

Doubles**Championship**

Leander Paes, India, and Janko Tipsarevic (3), Serbia, def. Jonathan Erlich and Andy Ram (4), Israel, 6-4, 6-4.

ATP-WTA BRISBANE INTERNATIONAL

At Brisbane, Australia

Men**Singles****Championship**

Andy Murray (1), Britain, def. Alexandr Dolgopolov (3), Ukraine, 6-1, 6-3.

Women**Singles****Championship**

Kaia Kanepi, Estonia, def. Daniela Hantuchova, Slovakia, 6-2, 6-1.

WTA ASB CLASSIC

At Auckland, New Zealand

Singles**Championship**

Zheng Jie, China, def. Flavia Pennetta (4), Italy, 2-6, 6-3, 2 (retired).

Doubles**Championship**

Andrea Hlavackova and Lucie Hradecka (3), Czech Republic, def. Julia Georges, Germany and Flavia Pennetta, Italy, 6-7 (2), 6-2, 10-7.

SKIING**MEN'S SLALOM**

At Adelboden, Switzerland

1. Marcel Hirscher, Austria, obne minute 58.66 seconds (58.69-59.97); 2. Ivica Kostelic, Croatia, 1:58.93 (58.95-59.98); 3. Stefano Gross, Italy, 1:59.65 (59.99-59.66); 4. Mario Matt, Austria, 2:00.10 (58.76-1:01.34); 5. Jean-Baptiste Grange, France, 2:00.22 (59.94-1:00.54); 6. Fritz Dopfer, Germany, 2:00.43 (1:00.22-1:00.21); 7. Michael Janik, Whistler, B.C., 2:00.53 (1:00.85-59.68); 8. Benjamin Raich, Austria, 2:00.58 (1:00.10-1:00.48); 9. Nolan Kasper, U.S., 2:00.94 (1:00.00-1:00.94); 10. Mitja Valencic, Slovenia, 2:00.96 (1:00.30-1:00.66).

World Cup Slalom Standings (after fifth of 11 races)

1. Ivica Kostelic, Croatia, 385 points; 2. Marcel Hirscher, Austria, 360; 3. Cristian Deville, Italy, 230; 4. Felix Neureuther, Germany, 216; 5. Andre Myhrer, Sweden, 215; 6. Stefan Gross, Italy, 150; 7. Patrick Thaler, Italy, 132; 8. Mitja Valencic, Slovenia, 125; 9. Manfred Pranger, Austria, 115; 10. Jean-Baptiste Grange, France, 101.

Overall World Cup Standings (after 16 events)

1. Marcel Hirscher, Austria, 725 points; 2. Ivica Kostelic, Croatia, 495; 3. Aksel Lund Svindal, Norway, 456; 4. Ted Ligety, U.S., 453; 5. Beat Feuz, Switzerland, 365; 6. Bode Miller, U.S., 343; 7. Hannes Reichelt, Austria, 339; 8. Didier Cuche, Switzerland, 327; 9. Kjetil Jansrud, Norway, 288; 10. Alexis Pinturault, France, 259.

WOMEN'S SUPER-G

At Bad Kleinkirchheim, Austria

1. Fabienne Suter, Switzerland, one minute 9.55 seconds; 2. Tina Maze, Slovenia, 1:09.89; 3. Anna Fenninger, Austria, 1:10.29; 4. Fraenzl Aufdenblatten, Switzerland, 1:10.52; 5. Lara Gut, Switzerland, 1:10.46; 6. Dominique Gisin, Switzerland, 1:10.46; 7. Dominique Gisin, Switzerland, 1:10.29; 8. Julia Mancuso, U.S., 1:10.56; 9. Elisabeth Goergl, Austria, 1:10.70; 10. Nicole Hosp, Austria, 1:10.76.

World Cup Super-G Standings (after three races)

1. Lindsey Vonn, U.S., 213 points; 2. Anna Fenninger, Austria, 200; 3. Fabienne Suter, Switzerland, 194; 4. Julia Mancuso, U.S., 124; 5. Tina Maze, Slovenia, 111; 6. Lara Gut, Switzerland, 95; 7. Fraenzl Aufdenblatten, Switzerland, 90; 8. Andrea Fischbacher, Austria, 88; 9. Elisabeth Goergl, Austria, 87; 10. Dominique Gisin, Switzerland, 84.

Overall World Cup Standings (after 14 events)

1. Lindsey Vonn, U.S., 704 points; 2. Marlies Schild, Austria, 540; 3. Tina Maze, Slovenia, 483; 4. Anna Fenninger, Austria, 454; 5. Elisabeth Goergl, Austria, 434; 6. Viktoria Rebensburg, Germany, 336; 7. Julia Mancuso, U.S., 327; 8. Maria Hoeft-Riesch, Germany, 326; 9. Fabienne Suter, Switzerland, 311; 10. Dominique Gisin, Switzerland, 282.

LACROSSE**NLL****WEEK ONE****Last night's result**

Calgary 12 Toronto 9

NBA**EASTERN CONFERENCE****ATLANTIC DIVISION**

W L Pct GB

Philadelphia 5 2 .714 —

New York 4 4 .500 1/4

Boston 4 4 .500 1/4

Toronto 3 5 .375 2/4

New Jersey 2 7 .222 4

SOUTHEAST DIVISION

W L Pct GB

Miami 8 1 .889 —

Orlando 6 3 .667 2

Atlanta 6 3 .667 2

Charlotte 2 6 .250 5/4

Washington 0 8 .000 7/4

CENTRAL DIVISION

W L Pct GB

Chicago 7 2 .778 —

Indiana 6 2 .750 1/4

Cleveland 4 4 .500 2/4

Detroit 2 6 .250 4/4

Milwaukee 2 6 .250 3/4

NORTHWEST DIVISION

W L Pct GB

Oklahoma City 8 2 .800 —

Portland 6 2 .750 1

Denver 6 3 .667 1/4

Utah 5 3 .625 2

Minnesota 3 5 .375 4

PACIFIC DIVISION

W L Pct GB

L.A. Clippers 4 2 .667 —

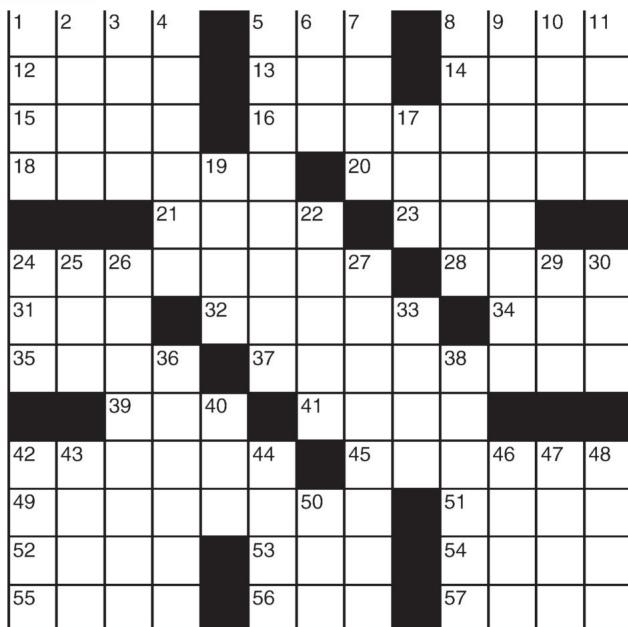
Crossword

Across

1 Study hard
5 Unruly group
8 Oscar-winner
Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to boxers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behaviour
39 Work on the soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat

Down

1 Ship's staff
2 Latvia's capital
3 Prono, on a memo
4 Physician
5 Adapted



6 Individual
7 Flop on stage
8 More frilly
9 As part of an exchange
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician
Lauder
24 Insult (Sl.)
25 Historic time
26 Partners of messieurs
27 Everest, e.g.



► Friday's answer



Today's horoscope

Aries March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.

Taurus April 21-May 21

Don't focus on trivial issues when there are so many big things that need to be dealt with.

Gemini May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.

Cancer June 22-July 22

Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the

first place.

Leo July 23-Aug. 23 Try not to let your imagination get the better of you over the next 24 hours.

Virgo Aug. 24-Sept. 22 A positive outlook will most likely yield constructive results.

Libra Sept. 23-Oct. 23

Today's full moon suggests there will be a clash of egos.

Scorpio Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

Sagittarius Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

Capricorn Dec. 22-Jan. 20

Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

Aquarius Jan. 21-Feb. 18

Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

Pisces Feb. 19-March 20.

You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake.

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Sudoku

			5							9					
			3				8			2			7		
9	7									1	4				
			3				6			8	4				
6											1				
			1				5			9	8				
5	1										8	2			
			9				7			6	4				
			6								3				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	4	8	3	9	6	5	1	7
6	9	7	1	5	8	2	4	3
5	1	3	2	7	4	8	9	6
8	2	6	4	3	9	7	5	1
9	5	1	6	8	7	4	3	2
3	7	4	5	2	1	6	8	9
4	6	5	9	1	2	3	7	8
1	8	2	7	4	3	9	6	5
7	3	9	8	6	5	1	2	4

A look at the weather

TODAY Min 4° Max 4° **TOMORROW** Min -7° Max -4° **WEDNESDAY** Min -14° Max -3°

Michele McDougall

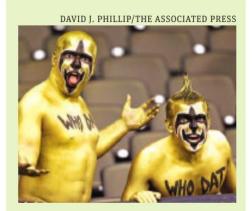
Weather Specialist



"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.

ERIC ENGMAN/FAIRBANKS DAILY NEWS MINER/AP

Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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baristas

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PURCHASE FINANCING | 36
MONTHS ON ALL
2012 OUTLANDERS | \$179
BI-WEEKLY PAYMENT[‡]

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PURCHASE FINANCING | 36
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